

MERIDIAN SYMPTOMOLOGY

According to Fukushima Kodo and Shudo Denmai

a Summation by Jake Paul Fratkin, OMD

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(Jake Paul Fratkin, OMD, L.Ac. Following undergraduate degrees in Chinese language and philosophy at the University of Wisconsin, Dr. Fratkin trained in Korean and Japanese acupuncture starting in 1975, and later, Chinese herbal medicine in Beijing. He is in private practice in Boulder, Colorado, where he combines Japanese Meridian Therapy, Chinese herbal medicine, and nutritional medicine. He is a frequent contributor to this journal.

In their English language books Fukushima Kodo and Shudo Denmai refer to various symptoms associated with specific meridian imbalances. These often correspond to the traditional indications offered in Traditional Chinese Medicine, but there are many important instances when meridian therapy takes a unique approach. Clinical experience should confirm the validity of the Japanese indications. I offer these, in list form, as a reminder for experienced practitioners, and as an important part of training for practitioners new to meridian therapy. The symptoms are grouped first by meridian, and then as a general index.

A. BY MERIDIAN

1. LUNG

Abdominal pain

Back, upper, pain

Breath, bad

Breathing difficulty

Chest discomfort

Complexion pale

Coughing

Cries easily

Dizziness
Flushing
Hearing loss
Hemorrhoids
Ileocecal pain
Irritability
Lightheadedness
Melancholy
Mouth, dry
Nasal congestion
Numbness of hands
Numbness of skin
Palm heat
Palpitations
Scapular pain
Shoulder pain, tension
Shoulders, pain, stiff
Skin disorders
Sneezing
Supraclavicular pain
Sweating
Throat dry
Throat sore
Urinary dysfunction
Urinary incontinence
Urination, frequent
Wheezing
Yawning

2. LARGE INTESTINE

Arm

Body growths or abscesses

Borborygmus

Diarrhea

Epistaxis

Eyes yellow

Mouth dry

Nasal congestion

Nasal discharge

Neck

Nosebleed

Shivering

Shoulders

Skin disorders

Throat, sore

Tonsillitis

Tooth disorders

3. STOMACH

Abdominal distension, pain

Alternate fever-chills

Ascites

Belching

Body anterior cold

Borborygmus

Breast distension, pain

Complexion ashen

Depression

Digestion, poor

Epigastric pain, distension

Epistaxis

Esophageal spasm

Face swollen

Facial pain or paralysis

Fearfulness

Flank pain

Foot pain

Forehead pain

Front of body, cold or hot

Head heavy

Headache, frontal

Heart pain

Hunger

Hunger

Jaw pain

Knee, outer

Leg, outer

Mania

Manic-depression

Mouth lesions

Nasal congestion

Nausea

Neck pain
Palpitations
Perspiration
Throat sore
Tonsillitis
Toothache
Urine yellow
Vomiting
Yawning

4. SPLEEN

Abdominal distension, pain
Appetite, loss of
Belching
Body heavy
Borborygmus
Breast distension
Chest discomfort
Complexion yellow
Constipation
Diarrhea
Digestion
Edema
Epigastric pain, distension
Esophageal spasm
Fatigue
Flatulence
Foot spasm or cramp
Heart disorders
Hiccough
Inability to eat
Insomnia
Jaundice
Joints, painful
Knee swelling

Leg pain or weakness
Lethargy
Lip disturbances
Muscle atrophy
Nausea after eating
Over thinking
Stools loose
Toe, big
Tongue rigid
Urination frequent
Vomiting
Yawning

5. HEART

Arm, upper
Blood vessels
Body Hair
Chest pain
Complexion reddish
Eyes yellow
Fever
Flank pain
Hair, Body
Heart pain
Interscapular pain
Mouth, dry
Palms, feverish
Thirst
Throat, dry
Throat, sore
Tongue disorders
Vomiting, dry

6. SMALL INTESTINE

Abdominal pain
Cheek swelling
Chin pain
Constipation
Diarrhea
Ear disorders
Elbow pain
Eye disorders
Eyes yellow
Forearm pain
Head heavy
Hearing loss
Jaw pain
Neck immobility
Neck pain
Scapular pain
Shoulder pain
Throat, sore
Urinary dysfunction

7. BLADDER

Ankle problems
Ascites
Back stiffness or pain
Calf muscle cramp
Constipation
Epilepsy
Epistaxis
Eye disorders, pain
Eye tearing
Eyes yellow
Foot pain
Headache, occipital
Headache, vertex
Hearing loss

Hemorrhoids
Hip immobility
Lumbar pain
Mania
Nasal congestion, discharge
Neck pain or stiffness
Nosebleed
Occipital pain
Popliteal tension
Scalp pain
Sciatic pain
Spinal pain
Urinary dysfunction

8. KIDNEY

Abdominal bloating
Appetite poor
Assertiveness, lack
Blood in sputum
Body heavy
Bone disorders
Breathing heavy or short
Chest pain
Choking sensation
Complexion ashen, blackish
Constipation
Cough
Diarrhea
Dizziness on standing
Ear disorders
Edema
Epigastric pain
Eyes blurry
Fatigue
Fear with surprise

Fearfulness
Feet cold, head hot
Feet, soles burning
Gynecological disorders
Hair loss
Head hot
Headache
Hoarseness
Infertility
Irritability
Jaundice
Limbs cold
Night sweats
Paranoia
Reproductive dysfunction
Restlessness
Spinal pain
Throat dry, sore
Tongue cracked, dry
Urinary dysfunction
Voice raspy
Weight loss
Wheezing

9. PERICARDIUM

Axilla swelling
Breathing rapid and shallow
Chest discomfort or pain
Complexion reddish
Elbow pain
Eyes yellow
Face red, flushed
Forearm
Heart pain
Hiccough

Laughter, uncontrolled
Palms of hand, feverish
Palpitation
Rib pain

10. TRIPLE WARMER

Abdominal distension
Ascites
Cheek pain
Deafness
Ears, congested or pain
Ears, ringing
Edema
Eyes, outer canthus pain
Finger, fourth, pain
Hearing poor
Outer canthus pain
Perspiration excessive
Pregnancy disorders
Shoulder pain
Sweating
Throat, sore or swollen
Urinary disturbance

11. GALL BLADDER

Alternating chills and fever

Ankle, lateral

Axilla swelling

Breathing, heavy

Brooding

Chest pain

Complexion, lackluster, dull

Epigastric pain

Esophageal constriction

Eyes, outer canthus pain

Fearfulness

Flank pain

Foot eversion

Foot hot

"Half external-internal"

Headache, temporal

Herpes zoster

Hip pain

Hypochondriac pain

Knee, lateral

Legs, outside, pain

Mouth bitter

Neck pain, swelling

Sciatica

Side of body pain

Sighing

Skin dry

Sleep, inability to turn

Sweating, excessive

Toe, fourth, pain

12. LIVER

Abdominal distension
Alternate fever-chills
Anger
Arthritis
Back pain, lower
Back sprained
Blurry vision
Chest discomfort
Complexion, dull, lackluster
Constipation
Depression
Diarrhea
Dizziness
Edema
Endocrine dysfunction
Epigastric pain
Eye disorders
Facial wrinkles
Fearfulness
Flank pain
Gynecological disorders
Head heavy
Headache
Hearing disorders
Hernia, inguinal
Hives
Hypochondriac pain
Inability to bend forward
Inguinal pain
Irritability
Jaundice
Knee pain
Mouth bitter
Muscle cramping
Nails

Nausea
 Nervous disorders
 Prostatitis
 Rib distension
 Scrotum swelling
 Skin disorders (toxins)
 Skin, dry
 Sleep, inability to turn
 Tendons
 Testicle disorders
 Throat dry
 Urinary incontinence
 Urinary difficulty
 Urinary tract infection
 Uterine masses
 Vision blurred
 Vomiting

B. BY SYMPTOM

Abdominal distension	LIV, KI, TW, SP, ST
Abdominal pain	LU, SP, ST, SI
Alternating chills and fever	LIV, GB, ST
Anger	LIV
Ankle problems	BL, GB
Appetite poor	KI, SP
Arm	LI, HT
Arthritis	LIV
Ascites	BL, ST, TW
Assertiveness, lack	KI
Axilla swelling	GB, PC
Back pain, lower	LIV
Back sprained	LIV
Back stiffness or pain	BL

Back, upper, pain	LU
Belching	SP, ST
Blood in sputum	KI
Blood vessels	HT
Blurry vision	LIV
Body anterior cold	ST
Body growths or abscesses	LI
Body Hair	HT
Body heavy	KI, SP
Bone disorders	KI
Borborygmus	SP, ST, LI
Breast distension, pain	SP, ST
Breath, bad	LU
Breathing difficulty	LU, KI, PC, GB
Breathing rapid and shallow	PC
Brooding	GB
Cheek pain or swelling	TW, SI
Chest discomfort or pain	PC, LU, SP, LIV, HT, KI, GB
Chin pain	SI
Choking sensation	KI
Complexion ashen	ST
Complexion blackish	KI
Complexion pale	LU
Complexion reddish	PC, HT
Complexion yellow	SP
Complexion, dull, lackluster	LIV, GB
Constipation	KI, LIV, SP, SI, BL
Cough	LU, KI
Cries easily	LU

Deafness	TW
Depression	LIV, ST
Diarrhea	KI, LIV, SP, LI, SI
Digestion, poor	SP, ST
Dizziness	LIV, LU, KI
Dizziness on standing	KI
Ear disorders	KI, SI, TW
Ears, congested or pain	TW
Ears, ringing	TW
Edema	KI, LIV, SP, LIV, TW
Elbow pain	PC, SI
Endocrine dysfunction	LIV
Epigastric pain, distension	KI, LIV, SP, ST, GB
Epilepsy	BL
Epistaxis	BL, LI, ST
Esophageal constriction	SP, ST, GB
Eye disorders	LIV, KI, SI, BL
Eye tearing	BL
Eyes blurry	KI
Eyes yellow	HT, PC, SI, LI, BL
Eyes, outer canthus pain	GB
Eyes, outer canthus pain	TW
Face red	PC
Face swollen	ST
Facial pain or paralysis	ST
Facial wrinkles	LIV
Fatigue	KI, SP
Fear with surprise	KI
Fearfulness	KI, LIV, GB, ST
Feet cold, head hot	KI
Feet, soles burning	KI
Fever	HT
Finger, fourth, pain	TW

Flank pain	HT, LIV, ST, GB
Flatulence	SP
Flushing	LU
Foot eversion	GB
Foot hot	KI, GB
Foot pain	BL, ST
Foot spasm or cramp	SP
Forearm pain	LU, PC, SI
Forehead pain	ST
Front of body, cold or hot	ST
Gynecological disorders	KI, LIV
Hair loss	KI
Hair, Body	HT
"Half external-internal"	GB
Head heavy	LIV, SI, ST
Head hot	KI
Headache	KI, LIV
Headache, frontal	ST
Headache, occipital	BL
Headache, temporal	GB
Headache, vertex	BL
Hearing loss	LIV, LU, SI, TW, BL
Heart disorders	SP, HT
Heart pain	HT, PC, ST
Hemorrhoids	LU, BL
Hernia, inguinal	LIV
Herpes zoster	GB
Hiccough	PC
Hip immobility, pain	GB, BL
Hives	LIV
Hoarseness	KI
Hunger	ST
Hypochondriac pain	LIV, GB

Ileocecal pain	LU
Inability to bend forward	LIV
Inability to eat	SP
Infertility	KI, LIV
Inguinal pain	LIV
Insomnia	SP
Interscapular pain	HT
Irritability	LIV, LU, KI
Jaundice	KI, LIV, SP
Jaw pain	SI, ST
Joints, painful	SP
Knee pain, swelling	LIV, SP
Knee, lateral	GB
Knee, outer	ST
Laughter, uncontrolled	PC
Leg pain or weakness	SP
Legs, outside, pain	GB, ST
Lethargy	SP
Lightheadedness	LU
Limbs cold	KI
Lip disturbances	SP
Lumbar pain	BL
Mania	BL, ST
Manic-depression	ST
Melancholy	LU
Mouth bitter	LIV, GB
Mouth dry	HT, LU, LI
Mouth lesions	ST
Muscle atrophy	SP
Muscle cramping	LIV

Nails	LIV
Nasal congestion, discharge	LU, ST, LI, BL
Nausea after eating	SP
Nausea	SP, LIV, ST
Neck immobility	SI
Neck pain or stiffness	BL, SI, LI, ST, GB
Nervous disorders	LIV
Night sweats	KI
Nosebleed	BL, LI
Numbness of hands	LU
Numbness of skin	LU
Occipital pain	BL
Outer canthus pain	TW
Over thinking	SP
Palms of hand, feverish	PC, LU, HT
Palpitation	PC, LU, ST
Paranoia	KI
Perspiration excessive	LU, ST, TW, GB
Popliteal tension	BL
Pregnancy disorders	TW
Prostatitis	LIV
Reproductive dysfunction	KI
Restlessness	KI
Rib distension, pain	LIV, PC, GB
Scalp pain	BL
Scapular pain	LU, SI
Sciatic pain	BL, GB
Scrotum swelling	LIV
Shivering	LI
Shoulder pain	LU, LI, SI, TW
Side of body pain	GB

Sighing	GB
Skin disorders (toxins)	LIV
Skin disorders	LU, LI
Skin dry	LIV, GB
Sleep, inability to turn	LIV, GB
Sneezing	LU
Spinal pain	KI, BL
Stools loose	SP
Supraclavicular pain	LU
Sweating excessive	LU, ST, TW, GB
Tendons	LIV
Testicle disorders	LIV
Thirst	HT
Throat dry	LIV, HT, LU, KI
Throat sore	LU, HT, KI, ST, LI, SI, TW
Throat swollen	TW
Toe, big	SP
Toe, fourth, pain	GB
Tongue cracks	KI
Tongue disorders	HT
Tongue rigid	SP
Tonsillitis	LI, ST
Tooth disorders, pain	LI, ST
Urinary difficulty	LIV
Urinary dysfunction	KI, LIV, LU, BL, TW, SI
Urinary frequency	SP, LU
Urinary incontinence	LIV, LU
Urinary tract infection	LIV
Urine yellow	ST
Uterine masses	LIV

Vision blurred	LIV
Voice raspy	KI
Vomiting	LIV, HT, SP, ST
Vomiting, dry	HT
Weight loss	KI
Wheezing	KI, LU
Yawning	LU, SP, ST